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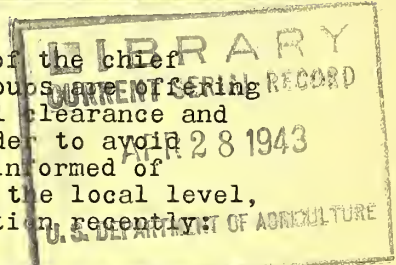
February 1943

NUTRITION NEWS LETTER NO. 10

Information About National Programs Concerned with  
Nutrition



Since food shortages and food rationing have become one of the chief impacts of the war in communities, more and more organized groups are offering their services in the nutrition program. The need for careful clearance and good cooperation is therefore greater than ever before, in order to avoid unnecessary duplication of effort. In an effort to keep you informed of national programs or activities which will find expression at the local level, we are sending you the following which have come to our attention recently.



1. The American Home Economics Association is encouraging the formation of local home economic groups called Information Service Corps with these wartime objectives: an educational program pertaining to rationing, price control, grade labeling, and legislative matters of concern to home economists. These local groups are being encouraged to function through existing agencies and organizations—for instance, with the nutrition committees in any program on food demonstration or meal planning in wartime or with consumer committees on price control.

2. A committee of State and city supervisors of home economics education called by the Office of Education has just sent out a report of their conference entitled, "Suggestions to Home Economics Teachers Concerning Their Responsibilities for Nutrition Education in Relation to Point Rationing of Foods." Copies of this report have been sent to all State and city supervisors of home economics and to heads of Home Economics training, and also to each Regional Nutrition Representative and to the Chairman of each State nutrition committee.

3. A letter dated January 1943 has gone out from the American Dietetic Association to presidents of State associations urging their active participation, particularly in the registration of available dietitians and in several phases of the Industrial Feeding Program.

4. The Office of Price Administration has recommended through their regional offices, that a community service member be appointed to each local War Price and Rationing Board to organize an educational program in connection with rationing. In most cases, these members will be aware of the existence of the nutrition committee and probably ask assistance; but in some cases, they may not have been associated with such activities until appointed. In such cases, it will be helpful if the local nutrition committee chairman or representative would make contact with this community service member in order that educational programs may be worked out jointly if possible.

5. The Girl Scouts, Incorporated have just published a Basic Nutrition Course for Senior Girl Scouts which has been accepted by the Nutrition Service of the American Red Cross as a prerequisite to the Red Cross Canteen Course. The Directors of Nutrition Service in the Red Cross Area Offices have been asked to notify their chapter nutrition committees that this agreement will be effective until June 30, 1943, the end of the Red Cross fiscal year, to see if it has worked out satisfactorily for both agencies.

## Victory Gardens in 1943

America needs millions of Victory Gardens in 1943. It must have at least 6 million farm gardens and 12 million city, town, and suburban gardens. Vegetables and fruits from these gardens will make a real contribution to the total civilian food supply, especially of those vital elements—the vitamins and minerals needed for sustained well-being.

Here are the facts of the situation condensed from a statement about The 1943 Victory Garden Program by H. W. Hochbaum, Chairman of the Committee on Victory Gardens, United States Department of Agriculture. One-fourth of our total food production in 1943 will be needed for our armed forces and to help supply our fighting allies. Stock piles of food must be accumulated to follow up the United Nations' Armies of invasion. The demands of war on metal supplies make it impossible to meet military and Lend Lease needs for canned foods and still supply normal amounts to civilians. The wartime burden on the Nation's transportation system will make it impossible to ship over long distances the normal amounts of fresh vegetables and fruits, especially the more bulky vegetables. This will require production of more of the civilian supplies close to consuming areas. Victory gardeners can help in many ways to meet the wartime food production problem.

Here is the Victory Garden program which aims at making good nutrition possible:

1. Every farm where climate and water supplies permit, should grow all the vegetables needed for the family's entire year's supply in fresh and processed form.

2. All town and suburban home owners who have sufficient open, sunny space and fertile ground should likewise produce as much as possible of the family's yearly vegetable supply, especially green and leafy vegetables, tomatoes, and yellow vegetables. The larger the home lot, the better for this purpose. Though every bit of vegetable produce grown at home will help, the earnest gardeners, especially those who tried their wings last year, will not be content with too small a plot.

3. In order to have larger garden plots than the home yard can provide, many Victory gardeners will seek garden space in a Victory community or allotment garden accessible by bus, street car, or bicycle, where on individual plots 30 by 50, or 50 by 100 feet or larger, they can grow more of the needed vegetables.

4. Community gardens likewise make it possible for many people living in densely populated metropolitan areas to have real gardens and to produce fairly large supplies of vegetables.

5. On farms and on many suburban homesteads people should plant strawberries, bush fruits, grapes, and certain tree fruits so that they may have more adequate supplies of these desirable foods.

6. In many towns and rural schools, the school-garden effort should be directed specifically to growing large supplies of vegetables for school lunch purposes.

7. Not one bit of garden produce should be allowed to go to waste. All surpluses from home gardens, or where available, local market surpluses of good quality vegetables and fruits, should be canned or otherwise preserved for use in homes, school lunches, or for welfare purposes.

More specific information about standards and recommendations for each type of garden is given in the full committee report sent to each State Extension Service.



The informed gardener is most likely to be the successful gardener. There are many circulars and bulletins on gardening that are helpful. The Department of Agriculture has published the following circulars and bulletins that give valuable information to the Victory gardener:

1. Victory Gardens. Misc. Pub. 483 (1942) (Copy Enclosed)
2. The City Home Garden. Farmers' Bul. 1044 (1919)
3. The Farm Garden. Farmers' Bul. 1673 (1931)
4. Diseases and Insects of Garden Vegetables. Farmers' Bul. 1371 (1924)
5. Disease-Resistant Varieties of Vegetables for the Home Garden. Leaf. 203 (1940)
6. Hotbeds and Coldframes. Farmers' Bul. 1743 (1935)
7. The Home Fruit Garden. Leaf. 218 (1942)

Every State Extension Service, likewise, has published circulars and bulletins on gardening that are freely available. These many helps should be taken advantage of. We cannot afford to waste time, labor, seeds, and fertilizer because of ignorance and careless methods.

#### Plans for Wider Distribution of Vita-Min-Go

Favorable reports on the popular reception of Vita-Min-Go and numerous requests for wider distribution prompted the formulation of plans for selling the games on consignment as announced in the January News Letter. Many groups other than the nutrition committees are asking for the privilege of promotion and sale of the games. The January announcement gave the nutrition committees first chance to use the plan, but it is now proposed to extend the privilege to any other groups interested in order to bring about as wide a distribution as possible.

Experience in the Department of Agriculture program has been so encouraging that a broad distribution of the game to all Federal employees is now in progress. Reports from persons formerly ignorant of or indifferent to nutrition information indicate enthusiastic acceptance of this device. A progress chart enclosed with the revised edition increases its value for the purpose of keeping weekly records.

#### Restaurant Association Adopts Nutrition Program

The National Restaurant Association has formally established a committee to make the Nutrition Program an effective part of restaurant operation. Meeting in Cleveland, November 9-10 with Washington and Cleveland representatives of the Office of Defense Health and Welfare Services, the committee adopted a program of general and immediate objectives which should provide State and local nutrition committees with a basis for future cooperative effort along these lines. The program is as follows:

##### At Local Level

1. Plan simplified menus that make appetizing meals and provide adequate diets.
2. Gear nutrition with food rationing. Make unfamiliar foods appetizing.
3. Study food storage and conserve vitamins and minerals. Avoid overproduction.
4. Use cooking methods which retain the maximum of nutritive elements.
5. Train the whole staff in the rudiments of good nutrition.
6. Use simplified service to conserve manpower for the production of nutritious meals.
7. Use posters and table cards that promote the National Nutrition and Rationing Programs and assist patrons in wise selection.
8. Cooperate with your local nutrition committee. Ask its advice. Lend it yours.

#### Immediate Objectives

1. Encourage consumption of whole wheat or enriched bread and cereals; the use of enriched flour in restaurants doing their own baking.
  2. Put more green and yellow vegetables on menus.\*
  3. Include more fruit and fruit juices on menus.\*
  4. Change, if necessary, present methods of preparing, cooking, and serving vegetables for results that preserve color, flavor, texture, and maximum of nutritive elements.
  5. Encourage the use of milk, cheese and dairy products available.\*
  6. Gear meat and other rationing to the National Nutrition Program.
- \*Service of specific items will, of course, be related to seasonal and local supply factors.

Although the National Restaurant Association does not include many of the smaller eating places, its member operators claim that a majority of the meals served daily in public eating places throughout the country are served in their restaurants. As leaders in the community, they influence many of the non-member restaurants. The active participation of the National Restaurant Association restaurants in putting their national program into effect, should be a real contribution to every community nutrition program. It is recommended that State and local committees follow up on this important development.

#### Colleges and In Service Training Courses for Wartime Food and Nutrition Service

Numerous colleges and universities throughout the country are introducing into their curricula courses to fit students to meet wartime needs in the national foods and nutrition program. Some of these may be open to undergraduates but several which have come to our attention are graduate or special short courses in such subjects as industrial feeding, quantity food service, and community nutrition. It has been impossible for us to obtain a complete listing of these courses and when they will be offered, but students interested should inquire at their State college or university. State nutrition committees may wish to publicize this type of information about courses being offered in each locality.

A joint committee from the Land Grant College Association and the AHEA has been set up to study needs and recommend the type of training courses which colleges might be encouraged to offer to meet the anticipated calls from industry for help in their feeding programs.

#### British Policy and Accomplishment on Food Production and Distribution

The speech made by Sir John Boyd Orr at the United States Department of Agriculture Auditorium November 17, 1942 has so much valuable information about the British food situation that we have obtained special permission to reprint it for the News Letter. Additional copies are not available for distribution.

#### Handbook for Food Demonstrations in Wartime

It was announced in the December News Letter that this handbook was being prepared and as this letter goes to press, the handbook is expected from the printer daily. It is being sent by separate mailing to all members of State nutrition committees and to chairmen and secretaries of local committees unless other arrangements have been made by the State chairman. Additional copies may be obtained from the regional nutrition representatives.

Sincerely yours,



Helen S. Mitchell,  
Principal Nutritionist.

Enclosure.

P.S. For addresses of Regional Nutrition Representatives, see previous News Letters.